



Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

MAY 2018

Broccoli Tots Baked Chicken Nuggets Raspberry Fruit Dip Bean Brownies Banana Cocoa Yogurt Pops

Broccoli Tots

3 cups fresh broccoli florets
1 large egg, beaten
½ cup seasoned bread crumbs
½ cup shredded reduced-fat cheddar cheese
¼ teaspoon onion powder
½ teaspoon garlic powder
¼ teaspoon salt
¼ teaspoon black pepper



1. Heat oven to 400 degrees. Spray a baking sheet with nonstick cooking spray.
2. Place broccoli in boiling water and blanch 2 minutes; drain well.
3. Finely chop broccoli and place in a large bowl. Add remaining ingredients and mix until thoroughly combined. Shape about a heaping tablespoon of broccoli mixture into a tater tot shape and place on baking sheet. Repeat until all mixture is used.
4. Bake 20-25 minutes or until golden brown.

Nutrition Note: This recipe makes 5 servings. Each serving has 90 calories, 2.5 grams of fat, 7 grams of protein, 11 grams of carbohydrates and 400 milligrams of sodium.

Baked Chicken Nuggets

3 boneless, skinless chicken breasts (about 24 ounces total)
1 cup Italian seasoned bread crumbs
½ cup grated parmesan cheese
1 teaspoon salt
1 teaspoon dried thyme
1 tablespoon dried basil
⅓ cup fat-free or 1% milk



1. Heat oven to 400 degrees. Spray a baking sheet with nonstick cooking spray.
2. Cut chicken breasts into 1½ inch size pieces.
3. In a medium bowl, mix together bread crumbs, cheese, salt, thyme and basil. Mix well.
4. Put milk in a bowl for dipping. Dip chicken pieces into milk first, then coat with bread crumb mixture.
5. Place well-coated chicken pieces on baking sheet. Bake for 20 minutes or until the chicken reaches an internal temperature of 165 degrees using a food thermometer.

Nutrition Note: This recipe makes 6 servings. Each serving has 220 calories, 5 grams of fat, 28 grams of protein, 15 grams of carbohydrates and 850 milligrams of sodium.

Why breastfeed?



“I believe it creates a special bond between mother and child.”

~ Leah, WIC Breastfeeding Mom from Lake Region WIC

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Raspberry Fruit Dip

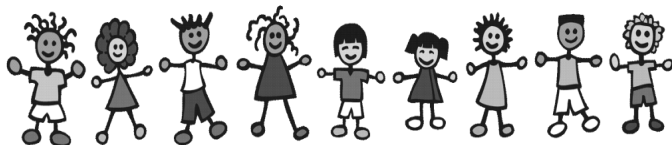
½ cup raspberries, fresh or frozen/thawed
1 tablespoon white sugar
1 cup plain nonfat yogurt
3 pears or apples, sliced for serving or other favorite cut fresh fruit



1. In a small bowl, mash the raspberries with sugar. Stir in the yogurt.
2. Serve with cut fruit.

Recipe Source: www.foodhero.org

Nutrition Note: This recipe makes 6 servings. Each serving with apples has 80 calories, 0 grams of fat, 3 grams of protein, 19 grams of carbohydrates and 30 milligrams of sodium.



Tips for a Happy & Healthy Family

Laugh together. Be silly and laugh with your child.
With a little humor, simple problems can go away
before they become big problems. Laugh at
the situation and yourself.

Source: www.numatters.com

Black Bean Brownies

1 can (15-16 ounces) black beans, low sodium preferred
½ cup unsweetened cocoa powder
½ cup butter or margarine
2 cups white sugar
4 large eggs
¾ cup all-purpose flour
1 teaspoon salt
½ teaspoon baking powder



1. Heat oven to 350 degrees. Spray a 9x13-inch baking pan with nonstick cooking spray.
2. Drain and rinse black beans; reserve 2 tablespoons liquid. Puree beans and liquid in a food processor or blender until a thick paste is formed (can also be pureed with a potato masher).
3. In a large bowl, mix cocoa, butter, sugar, eggs and black bean puree until well blended.
4. In a separate bowl, mix flour, salt and baking powder; stir into black bean mixture. Pour batter into pan.
5. Bake 40 minutes.
6. Frost with a sprinkling of powdered sugar if desired.

Nutrition Note: This recipe makes 24 brownies. Each brownie (using low-sodium black beans) has 140 calories, 5 grams of fat, 3 grams of protein, 24 grams of carbohydrates and 180 milligrams of sodium.



The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

~~WIC Because You Care~~

 NORTH DAKOTA
DEPARTMENT of HEALTH

800.472.2286

www.ndhealth.gov/wic



Turn Off the TV



Have a spring cleanup in your yard or help out with one in your community. Get out the rakes and garbage bags. Pick up paper, twigs, leaves and litter. Help your neighbors clean up their yards.

Adapted from: www.numatters.com

Banana Cocoa Yogurt Pops

1 medium banana
1 cup fat-free or low-fat vanilla yogurt
2 teaspoons unsweetened cocoa powder

1. In a small bowl, mash banana with a fork.
2. Add yogurt to banana and mix well. Stir in cocoa powder.
3. Divide into 4 small paper cups (or 8 mini muffin cups) and place in popsicle sticks (or cut paper straws).
4. Freeze.

Recipe source: <https://whatscooking.fns.usda.gov>



Nutrition Note: This recipe makes 4 yogurt pops. Each yogurt pop (using low-fat yogurt) has 79 calories, 1 gram of fat, 3 grams of protein, 15 grams of carbohydrates and 41 milligrams of sodium.

GROWING HAPPY FAMILIES



The key is structure.

Sit-down meals and sit-down snacks between meals are essential for taking care of your child and yourself. Beyond that, follow the division of responsibility. Concentrate on feeding and let your child be in charge of his eating. Avoid pressure in all ways.

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<https://www.ellynsatterinstitute.org/how-to-eat/family-meals-and-snacks>